

## APRIL 2024- Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$6.50 Breakfast; \$11.75 Lunch. Please contribute what you can.

Suggested Donation is \$2.00 for Breakfast; \$4.25 for Lunch. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call in to run your card. Those under 60 years of age are required to pay the full cost of the meal.

| Monday Breakfast:   | Tuesday Breakfast:  | Wednesday Breakfast:   | Thursday Breakfast:  | Friday Breakfast:  |
|---|---|--|--|--|
| 1/2 c Fruit Sauce (1cs)<br>Sausage Egg Muffin (2cs)<br>Whole Grain Cereal (1cs)<br>4oz Orange Juice (1cs)<br>8 oz 1% milk (1cs)   | 2 Eggs Made to Order<br>Hashbrown Patty (1 cs)<br>2 WW Toast (2 cs)<br>1/2 c Fruit Sauce (1 cs)<br>4oz Orange Juice (1cs)<br>8 oz 1% Milk (1 cs)  | Ham & Egg on<br>WW Muffin (2 cs)<br>3/4 oz Cold Cereal (1 cs)<br>1/2 c Fruit Sauce or OJ (1 cs)<br>8 oz 1% Milk (1 cs)                                       | Omelet (.5cs)<br>2 WW Toast (2cs)<br>1/2 c Fruit Sauce (1 cs)<br>4oz Orange Juice (1cs)<br>8 oz 1% Milk (1 cs)   | 4oz Orange Juice (1cs)<br>1/2 c Fruit Sauce (1cs)<br>2 Blueberry Pancakes (3cs)<br>2oz Turkey Sausage<br>8 oz 1% milk (1cs)            |
| Breakfast: Toast with a meal includes margarine, jelly and peanut butter choices; Syrup, SF syrup and margarine are available with pancake, waffle and french toast meals.      |   |  |  |  |
| Monday Lunch: April 1   | Tuesday Lunch: April 2  | Wednesday Lunch: April 3   | Thursday Lunch: April 4  | Friday Lunch: April 5  |
| 8 oz Spaghetti/Noodles (1cs)<br>or 8 oz Chicken Noodle Cass (1cs)<br>1/2 c. Peas (1cs)<br>1c. Romaine Salad/dressing (1cs)<br>1 sl WW Bread (1cs)<br>1/2 c Applesauce (1cs)     | 3oz Polynesian Meatballs (.5cs)<br>or Apple Spiced Pork Chop (.5cs)<br>1/2 c Rice Blend (1cs)<br>1/2c. M. Potato/gravy (1cs)<br>1/2 c. Oriental Blend Veg (.5cs)<br>Small Apple (2cs)<br>1 Bread (1cs)      | 3 oz Herb Chicken<br>Small Baked Potato (1 cs)<br>or 8 oz Beef Stew (.5 cs)<br>1/2 c Parsley Carrots<br>1/2c Peach Crisp w/top (2cs)                         | 3oz Cabbage Roll (.5cs)<br>or Chicken in Gravy<br>1/2 c Buttered Potatoes (1 cs)<br>1/2 c Peas (1 cs)<br>1/2 c Grapes (1 cs)   | Applesauce Ribs (.5cs)<br>or Crax Crumb Fish (.5cs)<br>1/2 c Sweet Potato (1cs)<br>1/2c Roasted Brussel Sprouts<br>1/2 c Peaches (1cs) |
| Monday Lunch: April 8   | Tuesday Lunch: April 9  | Wednesday Lunch: April 10  | Thursday Lunch: April 11   | Friday Lunch: April 12   |
| 3oz Pork Tidbits in Gravy<br>OR 3 oz Beef Stroganoff<br>1/2 c Egg Noodles (1 cs)<br>1/2 c Mixed Vegetables (.5 cs)<br>1/2 c. Coleslaw<br>1/2 c Apricots (1 cs)<br>1 bread (1cs) | 2 oz Sloppy Joe on WW Bun (2 cs)<br>or Fishburger on WW Bun (2 cs)<br>8 oz Corn & Potato Chowder (1 cs)<br>3 Carrot Sticks<br>Angel Food Cake with 1/2 c<br>Berries & Topping (1 cs)<br>No Additional Bread | 1 c Hungarian Goulash (1cs)<br>OR 3 oz Chicken Royale (.5cs)<br>1/2 c Au gratin Potato (2cs)<br>1/2c Green Beans<br>1/2c. Fresh Fruit (1cs)<br>1 bread (1cs) | 3 oz Swiss Steak with Onions<br>and Tomatoes<br>or Orange Chicken (2 cs)<br>over 1/2c Rice Blend (1cs)<br>Small Baked Potato (1cs)<br>1/2 c Buttered Beets<br>1/2c Tapioca Pud w/ Fruit (1cs)<br>1 Bread (1cs) | 8 oz Chili w/Beans (1cs)<br>or 3 oz P/A glazed Pork Chop (.5cs)<br>Sm Baked Potato/Sr Crm (1cs)<br>1/2c Carrots<br>1/2c. Grapes (1cs)  |



| Monday Lunch: April 15  | Tuesday Lunch: April 16  | Wednesday Lunch: April 17  | Thursday Lunch: April 18   | Friday Lunch: April 19   |
|---|--|--|--|--|
| <b>3 oz Cranberry Chicken (1 cs)</b><br><b>1/2 c Cooked Cabbage</b><br>or Sausage with Kraut<br><b>Small Baked Potato (1 cs)</b><br><b>1/2 c Spiced Peaches (1 cs)</b>        | <b>3" Sq Lasagna (2 cs)</b><br>or Tuna Casserole (2 cs)<br><b>1/2 c Green Beans</b><br><b>1 Slice French Bread (1 cs)</b><br><b>1/2 c Fruit In Gelatin (2 cs)</b><br><b>No additional bread</b>  | <b>3 oz Hot Beef</b><br>or Hot Turkey<br><b>1/2 c Mashed Potatoes &amp; Gravy (1 cs)</b><br><b>1/2 c Yams (1 cs)</b><br><b>Small Orange (1 cs)</b>               | <b>3 oz Meatloaf (.5 cs)</b><br>or Italian Chicken<br><b>1/2 c Parslied Buttered Potatoes (1 cs)</b><br><b>1/2 c Steamed Broccoli</b><br><b>1/2 c Applesauce (1 cs)</b>  | <b>3 oz Bk Chicken Fried Steak (1cs)</b><br>or 3 oz Salmon w/Dill Sc<br><b>over 1/2c Rice Blend (1cs)</b><br><b>1/2 c Mashed Potatoes (1 cs)</b><br><b>1/2 c Creamed Peas (1 cs)</b><br><b>1/2 c Strawberries (1 cs)</b><br><b>1 bread (1cs)</b> |
| Monday Lunch: April 22  | Tuesday Lunch: April 23  | Wednesday Lunch: April 24  | Thursday Lunch: April 25   | Friday Lunch: April 26   |
| <b>3oz Pork Chop in Cream Gravy</b><br>or 3oz Baked Fish<br><b>1/2 c. M. Potato (1cs)</b><br><b>1/2 c Creamed Carrots (.5cs)</b><br><b>1/2 c. Pineapple Chunks (1cs)</b>      | <b>Taco Salad (2cs)</b><br>or 1 c Turkey Noodle Casserole (1cs)<br>1/2 c. Green Peas (1cs)<br>1 c. Romaine Salad/dressing (.5cs)<br><b>1/2 c Peach Sc (1cs)</b><br><b>Tortilla Chips (1cs)</b><br><b>No bread</b>  | <b>3oz Crispy Chicken (1cs)</b><br>or Pork Roast w/ gravy<br><b>Sm Baked Potato (1cs)</b><br><b>1/2c Green Bean Casserole (1cs)</b><br><b>1/2 c Grapes (1cs)</b> | <b>3 oz Salisbury Steak in gravy (.5cs)</b><br>or Chicken Parmesan<br><b>1/2 c M. Potato/gravy (1cs)</b><br><b>1/2c. Roasted Brussels Sprouts</b><br><b>1/10 Fruit Pie w/top (2cs)</b>   | <b>3oz Porcupine Meatballs in Gvy (.5cs)</b><br>or Lemon Pepper Fish<br><b>1/2 c. Mashed Potato/gravy (1cs)</b><br><b>1/2 c Corn (1.5cs)</b><br><b>1/2 c Tropical Fruit Salad (1cs)</b>  |
| Monday Lunch: April 29  | Tuesday Lunch: April 30  |  |  |  |
| <b>3oz BBQ Chicken (.5cs)</b><br>or 3 oz Stuffed Pepper (.5 cs)<br><b>1/2 c Augratin Potato (1cs)</b><br><b>1/2 c. Harvard Beets (1cs)</b><br><b>Sm Orange (1cs)</b>          | <b>Tator Tot Hotdish (2cs)</b><br>or Chix Wild Rice Cass (2cs)<br><b>1/2 c Mixed Vegetables (.5cs)</b><br><b>1/2 c Mandarin Oranges (1cs)</b><br><b>1 bread (1cs)</b>  |  |  | <b>MENU SUBJECT<br/>TO CHANGE<br/>WITHOUT NOTICE</b>   |
| Breakfast (8:30-9:00am) and Lunch (11:45-12:15) Served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only. | Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g<br><br><b>Attn: Diabetics</b> -These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices.<br>1 CS= 1 serving of potato, vegetable, fruit, milk or bread;<br>2 CS = Most sweet desserts |  | No reservations required at the Grand Forks Senior Center (620 4th Ave South). Reservations required at these grab-n-go sites:<br>Homestead-1639 24th Ave South from 11:45-12;<br>The Link-300 Cherry Street from 11:15-11:30.<br>Visit your site by the day before to make your reservations. |  |

1% Milk (1cs); 2 Whole Wheat Bread (unless noted) (2cs); and 1 margarine are available with each lunch .

Date: 2/21/2024 Licensed Registered Dietitian #13899 \_\_\_\_\_ Colette Iseminger, MS, RD, LRD